

Thursday, January 25, 2024 - Mid-Distance Workout

Yards	Time	Set	Interval
1100	22	Warm up: 3 x 200 swim <i>75 free, 25 back, 25 breast, 75 free</i> 4 x 75 k/d/s <i>1 each stroke IMO</i> 4 x 50 kick <i>odds: 25 fast, 25 easy</i> <i>evens: 25 easy, 25 fast</i>	R:15  1:20/1:30  1:00/1:10
400	8	Pre set (2 rounds): 100 Free moderate (3/4 catch up) 4 x 25 Free (4 cycles fast, then easy)  <i>extra :30 rest after round 1</i>	1:30/1:40 :30
1400	26	Main set: 200 Free <i>50 strong, 50 build, 100 fast</i> 8 x 25 Free fast <i>Maintain your 200 BPL/technique</i> 150 Free <i>50 build, 100 fast</i> 8 x 25 Free fast <i>Maintain your 200 BPL/technique</i> 100 Free <i>50 build, 100 fast</i> 8 x 25 Free fast <i>Maintain your 200 BPL/technique</i> 150 easy  Broken 200 fast (from push) <i>rest :10 at 100 and :10 at 150</i>	2:30/2:45/3:00  :20/:25/:30  1:45/2:00/2:15  :20/:25/:30  1:20/1:30/1:40  :20/:25/:30
300	7	Warm down: 3 x 50 (25 kick, 25 swim) 6 x 25 (3/2/1 BPL x2)	R:15 R:10
3200	63		